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GET OUT AND...



The federal election is upon us

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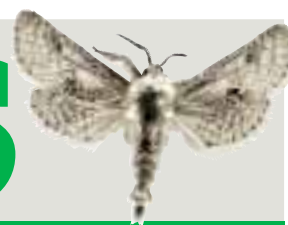


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‘Halloween is about kids’

CHARITY

12-year-old is collecting costumes for youth in need



Dave Baxter
Metro | Winnipeg

While most kids spend this time of year thinking about what costume they'll wear on Halloween or how much candy they'll get, Callie Costello is once again thinking about others.

Twelve-year-old Callie has organized a drive that is collecting Halloween costumes that will be donated to kids whose families can't afford them.



It's about understanding poverty and giving people dignity and respect.

Crystal, Callie's mother

For Callie the idea came because it bothered her when her mom told her some kids spend Oct. 31 without a Halloween costume.

"It's just really sad that some kids don't have Halloween costumes because Halloween is about kids," said Callie.

Callie is no stranger to helping others, as about two years ago she started Callie's Backpacks for Winnipeg's Homeless, in which she collects backpacks and fills them with things like toiletries and water bottles, and then goes out on



Callie Costello is collecting Halloween costumes to give to families that would otherwise not be able to afford them.

DAVE BAXTER/METRO

the streets and hands them out to Winnipeg's vulnerable population.

Callie's mom Crystal said everything that Callie does is about helping the less fortunate, but also about sending the message that poverty should not be looked down upon.

"When people hear her speak, they see it's not just someone gathering stuff," said Crystal. "It's about understanding poverty and giving people dignity and respect."

The idea for the costume drive came from Callie, but Crystal said there are others

who are helping out and making it all work.

Sangeetha Nair, Belinda Squance, Lisa Webinger, and Bob Phangureh have all been active on social media promoting the drive, and Crystal said that in just two days they were able to set up 21 drop-off loca-

tions where people can drop off new or gently-used Halloween costumes.

To find a list of drop-off locations, go to Winnipeg's Costumes for Kids on Facebook, or send a message to Callie on Facebook at Callie's Backpacks for Winnipeg's Homeless.

ENVIRONMENT

Province promises bill of rights

Manitoba's NDP government is promising to introduce an environmental bill of rights in the coming months — the first of its kind in Canada.

"You're going to see legislation that will enshrine environmental rights as part of our way of doing business in Manitoba," Premier Greg Selinger said, following a meeting with environmentalist David Suzuki.

"That will inform everything we do — from infrastructure investments, to water and sewer, to how we handle greenhouse gas emissions. When you put legislation like that in place, it's like human rights legislation. It becomes a backdrop to everything you do."

The David Suzuki Foundation has been pushing all provinces and the federal government to adopt such a law under its so-called Blue Dot campaign. Suzuki said the law would change the burden of proof whenever factories, manufacturing plants or other developments posed a risk to the environment.

"It means the burden is no longer on the victim to prove that plant is harming my health. Now the burden is on the developers ... to show it doesn't in any way impinge on the air, the water, the soil that are critical to our health."

Selinger said he will introduce the bill in the legislature before the provincial election set for April 19, but it is not clear whether it will be passed into law by then.

Selinger also announced the province will invest \$400,000 over the next two years in a new research centre on climate change at the University of Winnipeg. THE CANADIAN PRESS

CRIME

Police charge mystery mother over abduction story

Police have arrested a woman for allegedly making up a story that she had been held captive for years in Winnipeg where she was forced into the sex trade and gave birth to a child.

Brandon police said the woman and her seven-year-

old daughter arrived in the city in August and sought help from social workers.

Police said the woman told staff her tale, including details of an escape, and officers became involved.

Sgt. Kevin McLeod said social workers believed most of the woman's story and police

worked to verify it.

"When we actually started the investigation, there were a few holes ... Turns out the story was totally fabricated."

He said investigators had checked the identities of the woman and girl by reaching out to other police forces and social service agencies

across Canada. When officers came up with nothing, they publicly released a photo of the pair.

McLeod said a tip came in that the woman went by another name.

Police then learned that she was from Toronto and had allegedly been involved

in a custody dispute when she left the province with her daughter.

McLeod said efforts are being made to reunite the girl with her father.

Zada Jaffe, 37, is in custody and has been charged with public mischief.

THE CANADIAN PRESS



David Suzuki
SHANE GIBSON/METRO

Centre offers Safe Halloween

NORTH END

Annual event invites kids to trick-or-treat in the building



Dave Baxter
Metro | Winnipeg

A violent time in Winnipeg's North End has given birth to an annual "scary" tradition that sees hundreds of kids participate.

For the sixth October in a row, the Indian and Metis Friendship Centre will host their Safe Halloween event that invites kids from the community to come trick-or-treating right in their building.

"About six years ago we had a lot of crime in the neighbourhood, and we heard a lot of concerns from the people that they were afraid to leave their homes and take the kids out for Halloween," said Friendship Centre worker Bill Greenwalt.



The Safe Halloween committee at the Indian and Metis Friendship Centre is working to organize this year's event. DAVE BAXTER/METRO

Greenwalt said there was rash of shootings in 2010, just days before Halloween.

"So people were coming here saying they didn't want to take their kids trick-or-treating and that's what started it."

With less than a week to set up, the centre held an indoor trick-or-treat event in 2010, and since then have held an annual Safe Halloween event.

"It has developed into this huge thing," said Friendship

Centre worker Kerri Johnston, who said they average about 1,500 kids coming through the doors every year.

Staff and volunteers who take part and kids who come to get candy have a good time, said Johnston, but she

We heard a lot of concerns from the people that they were afraid to leave their homes.

Bill Greenwalt

said the main focus is always about keeping kids safe.

"We are definitely helping with safety on Halloween, and we are contributing to ending violence."

The centre gets a huge candy donation every year from Winnipeg Harvest, but still needs additional donations of candy and Halloween decorations, and also needs volunteers.

Anyone that would like to donate or volunteer can call Johnston at the Friendship Centre at 204-586-8441, or drop donations off right at the Friendship Centre.

Safe Halloween goes from 4 p.m. to 7 p.m. on Halloween night at the Indian and Metis Friendship Centre at 45 Robinson St.

IN BRIEF

Calling all old batteries

Libraries in Winnipeg are in a battery battle. The public is asked to bring old batteries — up to five kilograms — and old cell phones to their local library for recycling as part of Waste Reduction Week, which runs till Oct. 25.

The library that collects the most weight will be awarded a prize and declared Winnipeg Waste Ace.

Batteries and cellphones can be dropped off at all city libraries all year. METRO

Man wanted for alleged assault on Mounties

RCMP are looking for a Manitoba man who allegedly assaulted two of their own. Ste. Rose du Lac RCMP were called to a home Saturday on Ebb and Flow First Nation, northwest of Winnipeg. Police say the man falsely identified himself and was wanted on a warrant. They tried to arrest him but say he resisted and assaulted them, then escaped out a window.

Victor Norbert St. Paul is 27, five-foot-nine, with black hair, brown eyes and multiple tattoos on both arms.

THE CANADIAN PRESS

ENTERTAINMENT

True North facility working to fix obstructed-view seats

True North Sports and Entertainment say they are working on a plan to appease Winnipeg Jets season-ticket holders after a number of upper-deck seat holders complained of obstructed views because of new loge seating at MTS Centre.

TNSE, which runs the MTS Centre, and the Winnipeg Jets said they are working on and are considering a number of options to make sightlines less obstructed.

All 6,500 fixed upper bowl seats will be raised 2-1/2 inches from the existing seat platform height, which TNSE said will improve the sightlines of all upper deck seats.

This seat-raising project started on Oct. 14 and is expected to be completed by Nov. 30.

As an interim measure, TNSE said, it will do an extensive review of access and railing systems and unnecessary elements will be removed.

The elimination of some steel and glass has already started, and is expected to be finished by Nov. 15, and is subject to approvals from an engineering team.

TNSE also said that to address and resolve the sight obstruction for those specific season-ticket holders situated near the loge



Jets season-ticket holder David Lawrence took a picture showing his obstructed view from Section 318 Row 2, during a pre-season game. COURTESY DAVID LAWRENCE

entrance and access points at the 300-level, a number of "broader construction and programing solutions are being studied in detail."

Each of these options requires time for design, study, understanding, scrutiny, pricing and scheduling, said TNSE in a statement.

"In summary, True North accepts responsibility for the unforeseen problems created by

the construction of the MTS Centre loge seating," said TNSE.

"Significant time, effort and resources are being expended to resolve the issue, and we respectfully ask for continued patience as the action plans develop and occur."

"We will keep our affected 300-level patrons informed of our progress, including final approvals and construction timelines." DAVE BAXTER/METRO

Discover the Possibilities



By Ron Hewitt



McDonald's® Canada is proud to announce the promotion of Nicole Klyne to Restaurant Manager of our cityplace location. Nicole began her career as Crew in 2005. We want to congratulate Nicole on her new role as Restaurant Manager.

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READY TO ENGAGE

Metro's daily primer on what the parties are saying about the issues that matter to urban Canadians

Building a bridge to democracy in Canada



ROSEMARY WESTWOOD
Metro

Meeting David Berlin gives you a jolly, fizzy feeling, like someone just cracked the two-litre tonic bottle and you can already taste the tingly gin. Like the fun is imminent.

That's not the feeling I have about this election, although I will grudgingly vote. It's not just that I'm exhausted — I'm uninspired. And so I sought out Berlin. I'd heard he was excitable and passionate about our democracy.

Berlin bubbles with Santa Claus-style joy and the professorial charm of a Bernie Sanders, the same wispy hair that flies — like his thoughts — in all directions. But he speaks far more quickly, punctuating statements with a twinkle in his eye.

A tall, oval man capped

with a fedora, Berlin launches into an off-topic story the moment he sits down and by the time you wake from his rolling narratives an hour later, you're hooked.

So it shouldn't be, if you're going by charisma ("I'm kinda a charismatic guy! I know," he admits), that you're only hearing of this candidate on election day.

Berlin is offering Canadians maybe the most appealing, and most upending, ideas. He says a major national Canadian newspaper (he won't name which one) would not publish them, even after they'd commissioned a column about his ideas.

Berlin is also the founding editor of *The Walrus*, the former owner and editor-in-chief of the *Literary Review of Canada*, a memoirist, journalist — which is to say, a man you can't write-off as

fringe. Despite that, the only mainstream media mention of his party that I could find appeared in a CTV article titled "Rhinos and Pirates: A look at Canada's federal fringe parties."

He's not a revolutionary, he says. Nevertheless, about a year and a half ago he founded a new political party — The Bridge Party — which hopes to remake democracy in Canada.

The aim is to end the election of political parties — the party to end all parties, yes — and instead create a system where Canadians debate policy, find some kind of consensus, and then vote on who will administer that

grassroots vision. They're calling it the "departmental system."

Think of the electorate like city hall, and elections like the request for proposal process. The politicians, such as they'd be, would be experts in finance if they won the bid to run the finance department. Electing a prime minister would be more like selecting a head manager. The PMO wouldn't set policy: Canadians would. It's a vision to put an end to the cult of personality.

And as far as "big ideas" go, it's mammoth. There's a good chance I'll mess up trying to explain it (if Berlin was going to explain all the nuances, it would take

all week, he says).

"Big parties are corporations, they're top down, they monopolize," he tells me. Anti-Harperites "don't mean 'anyone but Harper,'" they mean one of the established parties.

"You're supporting a corporate idea. These guys have the money, they dominate the media," he says.

"Your apathy or cynicism is grounded much deeper than you've gone. It's time to withdraw legitimacy from the system," he says. He rejects the idea that politics should be founded on suspicion, full of checks and balances to keep everyone in line.

"I would like a nice, smooth transition," he says, to a system he argues can take on challenges like climate change, the future of jobs and extremism. "There's a litany of problems com-

ing toward us, and if you listen to (political parties) carefully, they're talking 19th Century vocabulary. They cannot update themselves."

The Bridge Party has a twinge of the absurdist — I ask what his family makes of it. He says his wife is starting to come around, and his kids wonder, "what's he up to now."

"When I started the Walrus, there wasn't a yay-sayer around," he notes, optimistically. "I'm kinda used to the idea that everybody thinks I'm out of my mind, until they don't."

Still, ignored by media and facing the ire of mainstream party-faithful friends, Berlin is finding this project "lonely."

"I have not been successful with this idea," he says, somewhat disheartened sounding.

"Yet?" I ask.

"Yet."



I'm kinda used to the idea that everybody thinks I'm out of my mind, until they don't.

David Berlin, leader of The Bridge Party of Canada and founding editor of *The Walrus*

Prominent Canadians have their say

To create a political system that engages young people. To reinforce the importance of First Nations. To make greenhouse gas emissions a top priority in Ottawa. Because every opinion matters. Those are just a few of the reasons prominent Canadians say they're voting today — and Facebook hopes they'll give others an extra incentive to do the same. Messages from musicians, environmentalists, TV personalities and more are being featured today on Facebook Canada's page as the platform works with Elections Canada to boost voter turnout.

Here's what some of the famous faces have to say. **ANGELA MULLINS METRO**



Craig Kielburger
Free the Children

"I'm voting for a political system that engages and includes young people. Youth issues have a ripple effect. They impact everyone and our country's ability to thrive."



David Suzuki
The David Suzuki Foundation

"I'm voting because we have had 10 years of no government action to reduce Canada's greenhouse gas emissions. This is the most important issue that isn't being raised by the media."



Damian Warner
Pan American decathlete

"Our lives have been shaped by our history ... a history of men and women who sacrificed their lives for the freedom we enjoy today. An important part of that freedom is the ability to choose those who govern us."



Perry Bellegarde
Assembly of First Nations

"I will vote on Oct. 19 to reinforce my message that First Nations' priorities must be Canada's priorities and that we must close the gap in the quality of life between First Nations people and Canadians."



Jann Arden
Musician

"I am going to vote because it's an honour and a privilege that many people in the world are denied. I am going to vote because my voice matters and what I think matters. I am going to vote because I want change. I am going to vote because it is my right as a free and democratic Canadian."

DID YOU VOTE? TELL YOUR FRIENDS!

Facebook is rolling an "I'm a voter" button onto news feeds of Canadians who are 18 and older today.

When you tap it, you can proudly declare that you've done your civic duty or you can simply click through to Elections Canada's website for voter information.

ALL PHOTOS VIA FACEBOOK

Now it's time to vote

ELECTION 2015

Liberals surf into lead in last of public opinion polls

Canada's extraordinarily long 78-day election campaign that culminates Monday was always going to be one for the record books, and what transpired over the campaign's final weekend is eye-popping.

There was tough-on-crime Conservative Leader Stephen Harper with his drug-demonizing campaign strategy holding a Saturday night rally in Toronto with former Toronto mayor Rob Ford, the world's most celebrated crack addict of 2014, just as new revelations were published detailing Ford's bizarre and disturbing behaviour while in office.

And there was Liberal Leader Justin Trudeau spending the final day of the race in Edmonton and Calgary while making an electoral pitch to Quebecers and all but trolling Harper's old Alberta-based



Stephen Harper, right, supports Nav Bhatia in Mississauga. JONATHAN HAYWARD/THE CANADIAN PRESS

grassroots.

In downtown Toronto, Mulcair was left invoking the name of Jack Layton on the late NDP leader's old turf in a last-chance bid to restore New Democrat hopes.

What began Aug. 2 as a tight, three-way race with the NDP in the lead and Liberals

trailing appeared to flip on its axis in the final week, with Trudeau's Liberals surfing into election day on a rising wave of public opinion and the New Democrats a distant third in every public opinion poll.

When Parliament was dissolved for the election, the Conservatives had 159 seats

in the 308-seat House of Commons, the NDP had 95 and the Liberals 36.

Thirty new seats have been added this election, including 15 in Ontario, bringing the total to 338 and upping the number of seats needed for a bare majority to 170.

THE CANADIAN PRESS

ELECTION 2015

All those ballots not destined for blue box



Andrea Ross
Metro | Edmonton

Millions of VIPs will land in Ottawa next week — very important papers, that is.

Elections Canada produced 26.4 million ballot papers this year. That's one for each eligible voter in the country, and they won't just end up in the recycling bin once the votes are counted.

"The ballots are packed into boxes and shipped to a central location in Ottawa, where they're kept in archives for a period of 10 years," Elections Canada spokeswoman Leanne Nyirfa said. "Our system is very prescribed and well thought-out."

After votes are counted Monday night, each ballot will be numbered and tracked, including unused ballots. They will be sealed in envelopes, put inside the poll bag and placed back into the ballot box.

The Deputy Returning Officer then places the box in a secure area until the validation of results, which happens

shortly after the election. Once this is done, they are shipped to Ottawa.

It's a closely monitored process dictated by a 52-page guidebook, Nyirfa said.

"We need to record the number of each ballot onto a form, so they're not just thrown in (the box)," she said. "And we make sure they're sent securely in transportation."

Nyirfa said she expects about 71,000 boxes of ballots to arrive at the Ottawa warehouse this year — an undisclosed location she said is even more organized than a library.

And that's important, considering how tight some of the races can be in some of the country's 338 electoral districts, she added.

"There wouldn't be a nationwide recount of all these ballots, but there might have been a race where it was really tight and they request a recount," Nyirfa said. "That happens quite commonly."

The thousands of boxes of ballots will meet their demise 10 years from now, destroyed in an "environmentally-friendly way," Nyirfa said.

Election day in Egypt met with apathy, cynicism

A mix of voters' apathy and frustration characterized elections held Sunday for Egypt's first legislature in more than three years, a chamber widely expected to be compliant with the policies of Abdel Fattah el-Sisi who, as military chief, ousted the country's first freely elected leader before he was elected to office himself a year later.

Egypt's last parliament was dominated by supporters of the now-outlawed Muslim Brotherhood and ultraconservative Salafi Islamists. It was dissolved in June 2012 following a ruling by the nation's highest court that its election was unconstitutional.

A largely toothless upper chamber, also dominated by Islamists, continued to sit until el-Sisi's July 2013 ouster of Mohammed Morsi, when it was also dissolved.

"There's no incentive to vote," declared 38-year-old Mohammed Mahmoud, owner of a carpentry workshop across the street from a polling centre in Boulak el-Dakrou, one of the most densely populated districts in Egypt.

"Even if a candidate has a platform, I don't think it's true. I don't think it will be imple-



An Egyptian casts her vote at a polling station in Giza on Sunday. AMR NABIL/THE ASSOCIATED PRESS

mented," he said in Cairo's twin city of Giza, located in one of 14 provinces in which the first of two days of voting took place Sunday.

One of his workers, Mohammed Hassan, echoed him: "We've been hearing the same things for 20 years."

Egyptians abroad began voting Saturday and continued Sunday, when voting was underway in 14 Egyptian provinces, including Giza and the Mediterranean port city of Alexandria.

Voting in Egypt's 13 other provinces, including the capital

Cairo, will happen Nov. 22-23. Each stage of the vote will be followed by a runoff.

Final results will be announced in early December, and the new house will hold its inaugural session shortly after.

There were no official or reliable figures available on Sunday's turnout, expected to be as low as 10 per cent.

State media reports suggested that while turnout was low in the morning, large numbers of voters cast ballots in the afternoon.

THE ASSOCIATED PRESS

JERUSALEM

Tensions rise alongside walls

Palestinians in Jerusalem have awoken to a new reality: Israeli troops are encircling Arab neighbourhoods, blocking roads with concrete cubes the size of washing machines and ordering some of those leaving on foot to lift their shirts to show they are not carrying knives.

The unprecedented clampdown is meant to halt a rash of stabbings of Israelis. Many of the attacks were carried out by residents of east Jerusalem, the sector captured and annexed by Israel in 1967 and claimed by Palestinians as a future capital.

Prime Minister Benjamin Net-

anyahu's government has portrayed the measures as temporary, in line with what his advisers say any police department in the U.S. or Europe would do to quell urban unrest. But some allege he is dividing Jerusalem, something Netanyahu has said he would never do. THE ASSOCIATED PRESS

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Since Royal Dutch Shell announced it was walking away from its exploratory efforts, the Obama administration has taken steps to keep drill rigs out of the region's northern ocean. ELAINE THOMPSON/THE ASSOCIATED PRESS FILE

U.S. halts offshore arctic drilling leases

ALASKA

Senator says move will hurt state economy

The U.S. Interior Department announced Friday it is cancelling future lease sales and will not extend current leases in Arctic waters off Alaska's northern coast, a decision that significantly reduces the chances for future offshore drilling.

The news follows a Sept. 28 announcement by Royal Dutch Shell that it would cease exploration in the Chukchi and Beaufort seas after spending upward of \$7 billion on Arctic exploration. The company cited disappointing

results from a well drilled in the Chukchi and the unpredictable federal regulatory environment.

Interior Secretary Sally Jewell said the federal government is cancelling federal petroleum lease sales in U.S. Arctic waters that were scheduled for 2016 and 2017.

"In light of Shell's announcement, the amount of acreage already under lease and current market conditions, it does not make sense to prepare for lease sales in the Arctic in the next year and a half," she said.

Jewell said the Chukchi Sea off Alaska's northwest coast and the Beaufort Sea off the state's north coast will not be included in the agency's current five-year lease sale plan.

In addition, current leases held by Shell and other companies in Arctic waters will not be extended.

Beaufort Sea leases are set to expire in 2017, and Chukchi Sea leases in 2020.

Sen. Dan Sullivan, R-Alaska, said the Obama administration is correct in wanting to help Alaska natives and all Alaskans battle the state's high rates of suicide, domestic violence and addiction. But he said the administration doesn't see the link between economic opportunity and making people's lives better.

"They just took real opportunity, significant opportunities that could benefit thousands if not tens of thousands of Alaskans off the table," Sullivan said. "That's not going

+ CONSERVATION

Environmental groups say industrial activity in the region further harms marine animals already affected by the loss of sea ice.

Miyoko Sakashita of the Center for Biological Diversity lauded the Interior Department's announcement.

"This is great for the Arctic and its polar bears," Sakashita said. "We need to keep all the Arctic oil in the ground."

THE ASSOCIATED PRESS

to help the social problems." THE ASSOCIATED PRESS

IN BRIEF

Guinness judge certifies 122-metre-long baguette as new world record

A judge from Guinness World Records has certified a 122-metre-long baguette baked at the Milan Expo 2015 World's Fair as the longest in the world.

Some 60 French and Italian bakers — backed by Ferrero, maker of Nutella — worked nearly seven hours Sunday to bake the French bread. The baguette was then cut and smeared with Nutella to share with the hundreds of Expo-goers who witnessed the record.

THE ASSOCIATED PRESS

AUTO INDUSTRY

Takata airbag recall includes 2015 models, 11 companies

The deadly problem with exploding Takata airbag inflators continues to spread to newer vehicles, this time hitting a small number of 2015 General Motors cars and SUVs.

GM is recalling more than 400 vehicles because the side airbag inflators could rupture and send shrapnel into drivers and passengers, according to the company and documents posted Saturday by the U.S. National Highway Traffic Safety Administration (NHTSA).

The GM recall is the latest

in a problem that continues to widen with no end in sight. U.S. regulators have warned that more manufacturers and newer models are likely to be recalled. Eight people have been killed worldwide, and more than 100 have been hurt.

So far, about 23.4 million Takata driver and passenger airbag inflators have been recalled on 19.2 million U.S. vehicles sold by 11 different companies, including Honda and Fiat Chrysler.

The latest recall covers cer-

tain 2015 Chevrolet Equinox, Malibu and Camaro vehicles as well as the Buick LaCrosse, Cadillac XTS and GMC Terrain.

The recalls currently cover 11 auto and truck companies including BMW, Daimler Trucks, Fiat Chrysler, Ford, General Motors, Honda, Mazda, Mitsubishi, Nissan, Subaru and Toyota. But the NHTSA warned that recalls could spread to Mercedes-Benz, Jaguar-Land Rover, Suzuki, Tesla, Volvo Trucks, Volkswagen and Spartan Motors.

THE ASSOCIATED PRESS



Politics of the future: Researchers who eased the brain's threat perception with magnetic stimulation observed a decline in patients' anti-immigrant sentiments and beliefs in God.

Metro MONDAY POLL

Design your dream election

Visit metronews.ca
every Friday to
have your say.

If you could make a tweak to create your ideal voting system — design your own democracy — what would you do? Have you had enough of attack ads? Do you want to be able to vote from bed, on your phone? We asked our readers how they'd make their personal perfect parliamentary process.

1 If you could write in a candidate for prime minister who is not on the ballot, who would it be?

26% Chris Hadfield
24% David Suzuki
19% Grumpy Cat
9% Stephen Lewis
7% Drake
4% Jose Bautista
4% Joanne Liu
2% Wayne Gretzky
2% Margaret Atwood
2% Ryan Gosling
1% Craig Kielburger
24% Other

I voted for me.
It was awful.



Batman

Naheed
Nenshi

Rick
Mercer

METRO READERS

2 If you could retire one campaign-season cliché, what would it be?

	0%	100%
Attack ads	70%	
The words 'middle class'	15%	
The words 'politically correct'	6%	
The words 'women's issues'	5%	
The word 'elite'	1%	
Using babies as props	1%	
Hard hats	2%	

3 If you could change one thing about our system, what would you choose?

36% Scrap first-past-the-post voting
25% Elect the leader separately from the MPs
20% Allow voting online or by phone
6% Make the campaign shorter
3% Nothing, we're lucky to live in a democracy
10% Other

Introduce
ranked
ballots.

Ban parties.
Officials should
represent people,
not parties.

Elections every
five years, not four.

Recognize the privilege you hold: Cast a ballot

INSIDE THE PERIMETER

Shannon VanRaes



Now is not the time for reading this. Now is the time for voting.

Today is election day and if you haven't voted yet, put down this paper and head to the polls. Or better yet, take this informative publication with you and read it in line as you prepare to shape the destiny of Canada with two strokes of a pen. Or is it a pencil? I can't remember, but that's not what matters. What matters is that you leave the house, leave work, take the kids or get a sitter, top up the cat's kibble and brave the elements to do what so many cannot — cast a ballot.

Our system isn't perfect. I get that, but the system doesn't work at all if you don't participate. I need to cast a bal-

lot, you need to, your parents, your friends, even that weird guy down the street with the bathrobe collection needs to vote. Democracy needs us all.

Because while many politicians would have you believe that we are a nation of taxpayers and stakeholders, we are more than that, we are a nation of citizens. And with citizenship comes privileges and responsibilities. Citizens need to have a vision for their country. Citizens vote.

In theory. In reality, nearly half of Canadians don't bother to vote. Voter turnout isn't just abysmal, it's embarrassing.

Across the world, people fight and die so that they might have the opportunity to participate in democracy. Revolutions are sparked by the desire to be governed by elected representatives, not dictators, nor kings, nor generals.

In the United Kingdom, women fought and died for the right to vote. They went

on hunger strikes, they protested and some gave their lives. Go vote today for women like Emmeline Pankhurst and Nellie McClung. Vote for Emily Davison, who was trampled by King George V's horse. If you don't know who these women are, look them up. But not until after you vote! There will be plenty of time for cat videos and research once you return from the polling station.

Not only women have been denied the vote in Canada. The poor, men without property, indigenous people and people of colour and convicted criminals all were in some way denied it until protest, pressure, blood, sweat and tears allowed them to gain what so many now take for granted.

OK, now this is the point where someone usually says I don't vote because I don't believe in the system, I don't like the candidates, I don't endorse the Canadian tradition of voting against someone, instead

of for the candidate I want.

Alright then, if you really can't stomach the thought of marking an "X" on that ballot, spoil it. But get out and show that you care, prove that you've got skin in this game and that you're a smart cookie who knows what it took to get to this point, a point where we live freely because of — and occasionally in spite of — our democratic process.

If you're a citizen, recognize how privileged you are by casting a ballot. Recognize that across the globe, citizens of other nations are fighting for the chance to do what we take for granted. You've got no excuse. Vote.

Shannon VanRaes is a Winnipeg-based journalist and photojournalist who spends her days contributing to the Manitoba Co-operator and her nights covering urban affairs. She can be reached on Twitter @ShannonVanRaes.

metroview

Tomorrow's leader will have to mop up an anti-Muslim mess

Omar Mouallem



"I've never seen it like this before." That's how my mother — one of Canada's million Muslims — described the blatant bigotry on her Facebook. She didn't need to elaborate. I'd seen it, too. But my social network has a long tail of loose ties. Hers consists of actual friends and former colleagues — the people who helped my parents integrate in rural Alberta before I was born.

Thirty years later, a shameful election has unlocked anti-Muslim and anti-immigrant sentiments. Where teens assault a woman whose only crime was wearing a religious garment. Where Canadians willingly devalue the Canadian-ness of 900,000 dual citizens. For a third of the vote, Stephen Harper has demonized Muslims (three per cent of the population) and undermined the rights of 7.1 million foreign-born Canadians.

Though it's unlikely he will be tomorrow's leader, tomorrow's government, whatever it is, must mop up the mess.

In addition to a recession, climate change, First Nations reconciliation and international conflicts, tomorrow's leader must prioritize healing the wounds opened by wedge politics. Otherwise the 250,000 annual newcomers will never get a fair shot. When I think of my own family's ascent to the middle class, it wasn't just work ethic that boosted them. It certainly wasn't the 1980s

economy. Tax credits alone didn't help them buy the biggest house on the block.

It was social tolerance. When my parents arrived from Lebanon, immigrants were central to Canada's new multicultural identity and story. But, I wonder, would they have thrived knowing their Canadian-born children could be deported? Which of their "barbaric" practices would have been called in to the tip line? The Ramadan when they butchered a goat in the yard? That my mom wore a hijab, which in Northern Alberta in 1984 was about as common as a niqab today?

Immigrants always come with cultural baggage. Some can take a generation or two to unpack. The white majority — old-stock Canadians — have residual cultural baggage, too (pressuring women to take their husbands' last names comes to mind). But adjusting is much harder when you want to hide from your neighbours.

A recent CBC survey showed only 65 per cent of Canadians are proud of the country's "multicultural makeup." Today's target is Muslims. Who is it tomorrow, as rising sea levels will displace unprecedented numbers of people? Canada's 1980s tax on Chinese immigrants and "none is too many" stance on 1930s Jewish refugees are reminders of xenophobia's cyclicity. But to see it actively promoted by leaders should disturb us all.

And tomorrow's leader must repair the damage.

Omar Mouallem (@omar_aok) edits the Yards magazine.

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IT'S NOT THE
VOTING THAT'S
DEMOCRACY, IT'S
THE COUNTING.

TOM STOPPARD



THE PATIENT'S PLAYBOOK

Be assertive and involved in your treatment, author says

In *The Patient's Playbook*, Leslie Michelson offers the wisdom he's gained from 30 years of helping people get health care. Michelson, trained as a lawyer, is the founder and CEO of Private Health Management, which aids individuals and corporate clients seeking optimal medical treatment. He lives in Los Angeles.

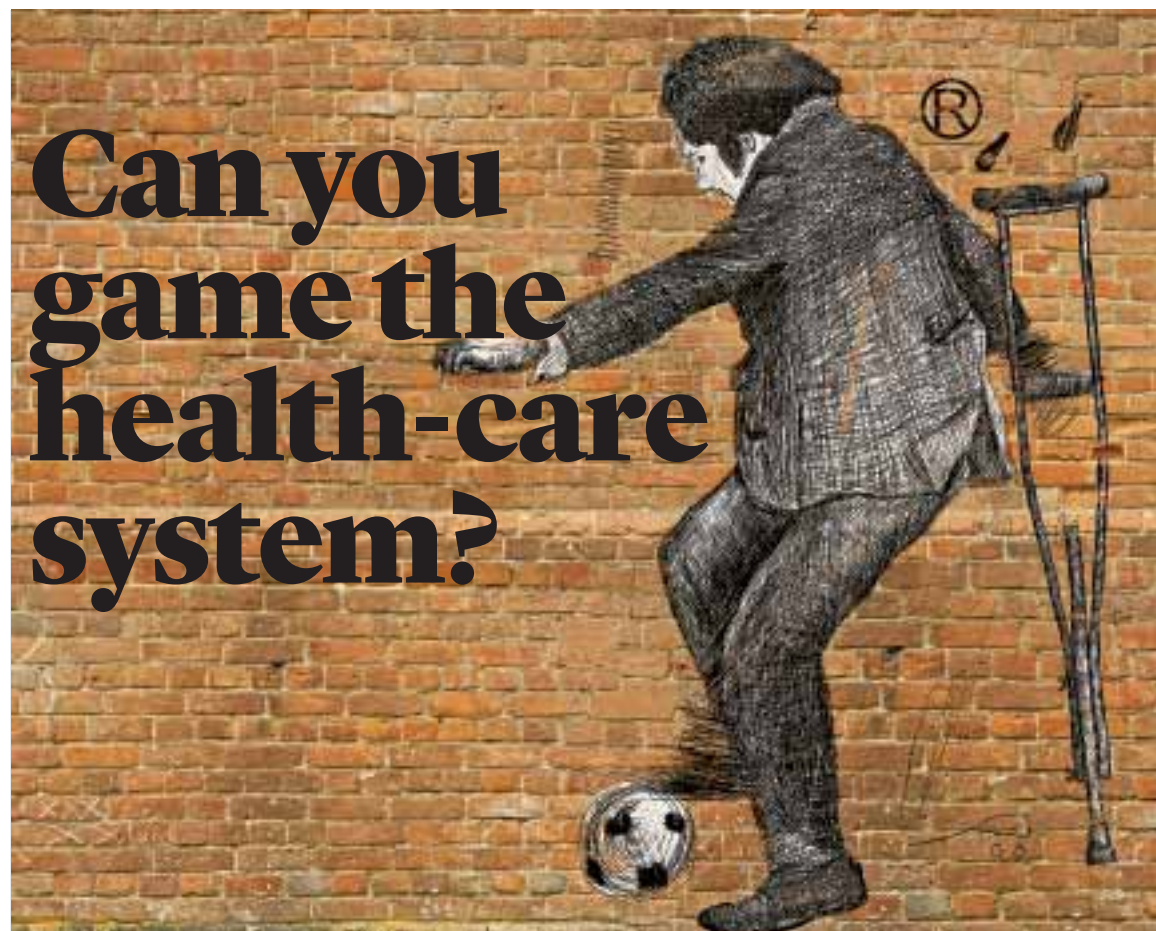
You help Americans, mostly the very wealthy, get top-notch health care. Is your advice applicable to Canadians?

There are differences in the systems, but also a lot of similarities. Our physicians are trained in the same ways and our hospitals are accredited in the same ways. Both systems suffer from significant preventable errors. So in both systems, it's imperative for patients to learn to be more assertive and to gain control of their own medical destinies.

You talk about preparing for falling ill. What should a person should do?

We prepare for things such as college tuition or retirement, but people don't prepare for illness. First, you need to document your family's medical history. More and more we're learning that genetics is part of our health destiny.

Second, collect all your medical records — the diseases you've had, medications you've taken, weight and blood pressure over time. And third, develop a strong



ISTOCK

and enduring bond with a primary care physician so you can benefit from health-care developments in prevention and detection.

What should you look for in a primary-care physician?

You want someone who listens and respects you, and someone you will listen to.

It should be someone whom you can get in to see when you need to. It should be someone who supports your wellness goals and will help you focus on the issues when you lose focus.

What are the biggest mistakes patients make?

Becoming passive and doing

nothing or doing whatever the physician recommends without asking questions, educating themselves or becoming partners with the physician.

Explain the no mistake zone.

It's a multi-step process that reduces anxiety and ensures you make better choices.

First, make sure your diagnosis is accurate and complete. In the U.S., we lose 100,000 lives a year from diagnostic errors. Second, make sure you understand when and why you need to be treated. Third, educate yourself online about your disease and treatment options. Fourth, meet with one or more physicians who



No realm of knowledge is more complex than human biology.

Leslie Michelson, author of *The Patient's Playbook*



specialize in precisely your condition. Use databases, such as expertscape.com, which lists physicians who've published articles on a particular disease. Expertise matters. No realm of knowledge is more complex than human biology. And there's no realm where advances come more rapidly than biomedical research.

In your book, you encourage people to do what they can to jump the queue. Why?

I'm not suggesting someone whose treatment can wait four to six weeks should assert themselves that it needs to get done today. But if it is a condition that needs treatment now, you need to figure out how to assert yourself and get everyone's attention that a delay would irreversibly affect the clinical course.

Once in hospital, how can a patient stay safe?

Hospitals are miraculous institutions, but they're also dangerous. That's why it's great to have an advocate with you. TORSTAR NEWS SERVICE

HEALTH TRENDS

Women's libido drugs get boost with release of Addyi

Most women with low sexual desire won't rush to get the first prescription drug to boost female libido as it became available over the weekend. But they may have more options down the road.

Addyi can't be taken with alcohol or certain other medications, which will likely limit its use. But experts believe those restrictions could spur development of better treatments for women's sexual problems after more than a decade of neglect by most of the world's large drugmakers.

Kim Wallen, a psychology professor at Emory University, says

Addyi represents a historic milestone that may open the door to more drugs targeting desire in men and women. Where Viagra and other men's erectile dysfunction drugs work by increasing blood flow to the genitals, Addyi acts on brain chemicals associated with desire.

"This is the first time that a drug, for either men or women, has been approved strictly to increase sexual desire," Wallen says. "That legitimizes many other drugs that are in development."

Treatments for women's libido

issues are an untapped financial opportunity for drugmakers. Analysts estimate the market could be worth over \$2 billion, based on academic estimates that between 5 million and 9 million U.S. women may suffer from desire disorders.

But the area hasn't been a research priority for drugmakers in many years. Beginning in the 1990s, Pfizer, Bayer and Procter & Gamble all studied — then discarded — drugs targeting female libido.

Addyi itself was developed by the German conglomerate,

Boehringer Ingelheim, then sold to Sprout Pharmaceuticals after the Food and Drug Administration rejected the medication due to lackluster effectiveness and issues like nausea, fatigue and dizziness.

It took Sprout four years to win FDA approval for Addyi, which acts on brain chemicals associated with mood and appetite. The drug will come with a bold warning label about the risks of fainting if combined with alcohol or certain medications. Additionally, doctors and pharmacists must complete an on-

line certification process to show they understand the drug's risks.

Dr. Lisa Dabney says several patients have asked her about Addyi, but they generally lose interest after she explains they cannot drink alcohol while taking the daily medication.

"It's definitely an option that's going to help patients," says Dabney, of New York's Mt.

\$200M

Analysts estimate Addyi could generate sales of \$200 million annually. That's far below initial estimates of \$1 billion.

Sinai hospital. "But it's going to have a limited patient audience because of the alcohol restrictions and the fact that you have to take it every day."

There is revived interest in a handful of competitors developing alternate treatments. Those products include nasal

sprays, injections and antidepressant pills. It could be years before any of them reach patients.

THE ASSOCIATED PRESS

I spend, therefore I am



Gail Vaz-Oxlade suggests taking two days a week for a month where you buy nothing so you can truly see how much of an impact spending has on your life. iStock

IDENTITY

Don't define yourself through consumerism

Gail Vaz-Oxlade
For Metro Canada



Do you define yourself by the stuff you buy?

I know you're shaking your head, but I want you to stop and think about that question for a minute.

How important is a brand name to you? How often do you see something someone else has and decide you want one too? How much do you preen when someone compliments a new purchase you've made?

Spending money to buy stuff has become a defining activity in so many people's lives. We all spend money. And we have all kinds of language that reflects how important shopping has become to us — think "retail therapy."

We've even named a day in the year when it's okay to blow out our budgets (and behave badly) using our credit cards all for the sake of a deal: Black Friday.

If there is any industry that has made it clear that we are

“
Even heading to a concert or a sports game often involves spending money.

powerless in the face of what they want to sell us it's the financial services sector.

People have been sold so much credit that now retirees are having to declare bankruptcy to hold on to their pension money for food. And as for mortgage life insurance, don't even get me started.

That's a product that serves the needs of the bank, not the person buying and paying for the product.

Witness the number of people who subsequently try to make claims only to find their insurance has been declined because even though they paid premiums for years, they weren't actually insured, they just thought they were.

We are also at the whim of the brilliant supermarket retailers.

Between their sophisticated databases, manipulative pricing strategies, and the growing size of the trolleys, we're plunking down more cash at the supermarket than ever before. We can buy

household appliances, plants, towels, and even clothes when we head off to pick up milk.

And when those Buy Two for \$5 tags show up, we end up taking home more food even though the fridge and cupboards are already full.

There are now more places and ways to shop than ever before. Don't feel like going to the store? Just hop online. Or head over to a friend's for a shopping party where, in exchange for nibbles, you'll drop good money on total crap.

Or click on a coupon site to buy five whatevers for 50 per cent off, and look how much you just saved! You can browse on Craigslist or on eBay until you find something you just have to have.

Even heading to a concert or a sports game often involves spending money on T-shirts and hats. Good lord.

If you want to truly see how much impact spending has on your life, for the next month choose two days of the week when you'll buy nothing.

Absolutely nothing. Then make some notes on how you feel when your shopping itch can't be scratched.

More importantly, how do you feel when you finally get to spend some money again?

For more money advice, visit Gail's website at gailvazoxlade.com.

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A new dimension

Product design and development more economical with 3D printing

Jessica Wynne Lockhart

The gift Sebastian Morgyn James received for his 19th birthday was life changing.

More than a year ago, his family helped him purchase a MakerBot Replicator 2, a 3D printer. The gift enabled him to drop out of OCAD University's advertising program and open BalloonChair, his own small business.

Using the basic drafting skills he learned in high school, James began prototyping his designs and selling them online. Through his Etsy shop, customers can custom order 3D-printed planters, masks, even earrings featuring former Toronto mayor Rob Ford's noggin.

Being able to manufacture his own products changed James' career path.

"Having a 3D printer is a huge educational tool for me," he said. "I had always wanted to start a small business and I come from an artistic background, so it was kind of perfect."

James is just one of the

many Canadian small business owners embracing additive manufacturing, or 3D printing, as a cost-effective method of bringing products to market. Additive manufacturing is a \$4.1-billion industry, with a growth rate of more than 33 per cent per year, according to a 2015 report by Wohlers Associates.

"It reduces the barriers to entry for manufacturing," said Matt Comeau, co-founder of Hot Pop Factory, a Toronto studio that helps businesses design and fabricate 3D-printed products. "Previously, if you wanted to bring your product to market, you needed millions of dollars to build moulds and dyes and to get it manufactured overseas."

Comeau understands this process first-hand. In 2012, Comeau and business partner Bi-Ying Miao launched a line of 3D jewelry, printed from their living room.

"It was a really interesting idea that we could design something, manufacture it and distribute it over the Internet from our apartment with basically zero start-up capital," he said. "That was pretty revolutionary in our eyes."



Many Canadian small business owners are embracing 3D printing as a cost-effective way of bringing products to market. SHUTTERSTOCK

Previously, if you wanted to bring your product to market, you needed millions of dollars to build moulds and dyes and to get it manufactured overseas.

Matt Comeau, co-founder of Hot Pop Factory



lars, if you have an idea for a product, it's possible to get it prototyped and hold it in your hand," he said.

Creating an item available to more and more consumers means appealing to a wider range of retailers.

According Darren Meister, associate professor of general management (entrepreneur-

ship and innovation) at the Ivey Business School, it will be another two to three years before the technology becomes an affordable solution for most business owners.

"It's useful in design of prototypes of relatively small one-offs, but it's not at the point for production of general commercial scale items,"

Meister said. "It's still better to make it through other manufacturing processes."

He added that while there are still glitches to work out — 3D printers, for example, print products with rough edges, and sturdier materials, such as metal, are still expensive — now is the time for small businesses to embrace the technology.

"Change is coming at such a rapid rate that you just can't sort of say, 'It didn't work today, it's not worth it tomorrow.' Additive printing will eventually beat the other forms of printing because it's just fundamentally better."



As the blogging world becomes more saturated, bloggers need to be creative if they want to make money. SHUTTERSTOCK

Creating a brand and a voice

Nancy Ripton

You can work as much or as little as you like, do it from anywhere that has Wi-Fi access, and research only topics that interest you. On paper, blogging seems like the perfect career, but can you actually make money at it?

"The days of blogging being a business are dead," said Bridget Casey, a 29-year-old online finance guru and founder of MoneyAfterGraduation.com.

Casey started her blog in 2011 as a way to make herself accountable for paying off her student debt (which she accomplished in 22 months). After about a year, she found she had enough traffic to put up Google AdSense banner ads, and she started bringing in \$25 to \$50 per month.

As her traffic grew, so did

her revenue, but it was hardly enough to quit her day job — at first. Casey soon branched out from banner ads and made enough money off her site to pay for her MBA and come out of her second degree debt-free.

As the blogging world becomes more and more saturated, bloggers need to be creative if they want to make money.

Brand promotion is the new banner advertisement. Brands are reaching out to bloggers, and brands and bloggers are connecting through networking. The result is long-term post campaigns, ambassadorships and sponsored posts.

"Sponsored content is what works for me," said Toronto blogger Ali Martell, 34, of alimartell.com.

She gets 10 to 15 pitches per day from companies offering to pay her money to promote their brand.

"I read every pitch and only select those that fit organically

+ ARE BLOGGERS LOGGING OFF?

According to the 2015 Women's Blogging Industry and Business Annual Report, most bloggers aren't as fortunate as Bridget Casey, a 29-year-old online finance guru. Full-time blogging is on the decline, with just 22 per cent of bloggers

spending at least 30 hours per week on their sites. That may be because the stats for making it rich are pretty grim, with 57 per cent of bloggers making less than \$2,500 per year, and just eight per cent making more than \$15,000 per year.

with my site," Martell said. "When the post goes live I need to be able to remove all the advertising and still feel good about the post."

In today's blogging world, most successful bloggers use their sites to create a brand, and then drive readers to another source of revenue.

Casey found that gaining a strong web presence opened the door for writing opportunities with finance media outlets and banks. She is now creat-

ing her own products (such as an e-course that teaches millennials how to invest in the stock market) and selling them on her site.

If you create a voice that readers can relate to, and give opinions that people believe, there will be countless opportunities to make money on your brand and to promote other brands. Create a blog because you love it, then seek out brands and readers who relate to and need your unique voice.



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Mompreneurs bond on social media

**Jessica
Wynne Lockhart**

When Natalie Young was breastfeeding her twin sons two years ago, it didn't take long before she discovered her new favourite way to pass the time — Instagram.

"While I was sitting on the couch nursing babies — hours upon hours a day — I obviously had time to be on my phone," she said. "Being a mom when you're young can be isolating sometimes and social media has been an amazing way to meet people."

That's why, along with her best friend Britt Havens, who also has a two-year-old son, Young started Three Little Crowns, a motherhood lifestyle blog and Instagram account that now has more than 10,000 followers. Being a Momstagrammer comes with its perks — as "influencers," companies regularly send Three Little Crowns free products, with the hope they will feature it on their account.

Instagram has become a proverbial online play date, where



Instagram has become a proverbial online play date, where moms can share information about the products they love and where to buy them. SHUTTERSTOCK

moms can share information about the products they love and where to buy them. With more than 200 million active users, most of whom are young women, it has also become

the marketing tool of choice for small and local children's clothing designers.

Cheryl Molden is one of these designers. After giving birth to her son in 2012, the

former merchandiser had "the itch to do something more." In 2014, she started Ollie Jones, a line of unisex leggings. Fun and modern, Molden's organic cotton products feature bold

prints such as kittens, horse shoes and arrows.

But it wasn't until Ollie Jones launched on Instagram that the business took off. Molden ran a "leggings for a year" contest. The upfront investment of providing 12 pairs of leggings to the lucky winner was worth it. Within a week, Ollie Jones had gained 10,000 Instagram followers. Orders through her Etsy store skyrocketed and retailers began to request wholesale orders. The business, which Molden started in her basement, has since moved to a 1,500-square-foot space in Toronto. Today, Ollie Jones is available in more than 100 stores worldwide.

Using influencers to market products is hardly new; companies began sending bloggers free products more than 10 years ago. However, Instagram has resonated with parents in a way that other methods of social media haven't. An "instant" is the perfect level of commitment for time-strapped moms, whose attention spans have to mirror that of their children's. Perhaps this is why the site boasts engagement that is 10 times higher than

“

Being a mom when you're young can be isolating sometimes and social media has been an amazing way to meet people.

Natalie Young

Twitter or Facebook.

This engagement also translates into potential sales. Markus Giesler, a marketing professor at Schulich School of Business, says Instagram's ability to build an emotional connection is what endears users.

"It seems to consumers that whatever they see on Instagram is an authentic product recommendation from a person who they trust, in a context that is emotionally intimate and more trustworthy than traditional advertising," he said.

It's also affordable for small businesses — apart from the cost of sending product to influencers, it's free.

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Blues leave Jets bruised

NHL
Visitors victorious in MTS Centre ‘street fight’

St. Louis Blues forward Vladimir Tarasenko is getting used to seeing the goal light flash behind the net.

Tarasenko scored twice, including the game winner, to increase his goal tally to five on the young season as St. Louis beat the Winnipeg Jets 4-2 on Sunday afternoon.

But Tarasenko’s thoughts weren’t on his own play after the game. Instead, he praised his teammates for their determination, especially during a six-game road trip.

“It’s a tough road trip. We had something like three games in 72 hours,” Tarasenko said. “We have one more game against an unbeaten team (Montreal). We have some time to rest right now and then go home after.”

Tarasenko’s second goal of the game proved to be the winner in a tough, back and forth affair.

“We won the street fight. That was a good, old fashioned

“**I think we’ve shown we can play with anybody.**”

Blues coach Ken Hitchcock



The Jets’ Dustin Byfuglien scrums with the Blues’ Scottie Upshall and Jay Bouwmeester on Sunday at MTS Centre.
TREVOR HAGAN/THE CANADIAN PRESS

street fight,” St. Louis coach Ken Hitchcock said. “It was a lot of fun and we won the street fight. It was close, hard fought. The teams really get after each other.”

The Blues (5-1-0), scored twice in the second and twice in the third. Scottie Upshall and Carl Gunnarsson had the other goals for the Blues, who extended their winning streak to four games.

Nikolaj Ehlers and Mathieu Perreault scored for the Jets (4-2-0).

SUNDAY In Winnipeg

4

BLUES

2

JETS

Brian Elliott picked up the win for the Blues, his fourth, while Ondrej Pavelec picked up his second loss on the year.

There were just as many fisticuffs as scoring chances in the first period as both the Jets and Blues renewed their feisty,

rough and tumble Central Division rivalry at MTS Centre.

Kyle Brodziak had perhaps the best chance of the period as the Blues forward had a wide open net in front of him, but Pavelec reached across to make the save and rob the Blues of a late first-period lead.

But the floodgates wouldn’t remain closed for long.

Tarasenko opened the scoring for the Blues with a nifty move and a perfectly placed shot over Pavelec’s glove hand for his fourth on the season.

The Jets responded 1:04 later on the power play with Upshall in the box for high-sticking. Blake Wheeler, working down below the red line behind Elliott, found a wide-open Perreault, who made no mistake firing home the one-time shot.

“I like our start. I thought our first period ... we were on top of it. Our pace was just off a little bit,” said Jets captain Andrew Ladd. “We weren’t able to sustain as much pressure as we’d like in the last two periods.”

THE CANADIAN PRESS

IN BRIEF

Stempniak strikes as Devils get win No. 1

Lee Stempniak scored at 3:07 of overtime and the New Jersey Devils finally gave new coach John Hynes a victory with a 2-1 win over the New York Rangers on Sunday.

Adam Henrique, who scored the Devils’ goal early in the second period, made the cross-ice pass that Stempniak fired past his former teammate Henrik Lundqvist to end the exciting 3-on-3 overtime.

Derek Stepan, who scored for the Rangers in the opening minutes, had hit the crossbar just before New Jersey won for the first time in five games.

The loss was the third straight for the Rangers, who opened the season with three wins.

THE ASSOCIATED PRESS

Ottawa back in playoffs with win over Bombers

Chris Milo kicked four field goals and Henry Burris threw for 370 yards as the Ottawa Redblacks defeated the Winnipeg Blue Bombers 27-24 on Friday to clinch a playoff berth for the first time in their young history.

Ottawa’s original CFL team, the Rough Riders, last qualified for the post-season in 1994, despite finishing the regular season with a 4-14 record. They folded in 1996.

The Blue Bombers dropped to 5-11.

THE CANADIAN PRESS



Peyton Manning fires a pass against the Browns in Cleveland.
ANDREW WEBER/GETTY IMAGES

NFL Broncos perfect despite shaky Manning

Again far from perfect, Peyton Manning still kept Denver’s record pristine.

Manning shook off three interceptions, including one early in overtime, and drove Denver’s offence in range for Brandon McManus to kick a 34-yard field goal with 4:56 left, giving the unbeaten Broncos a 26-23 win over the Cleveland Browns on Sunday.

Manning took the Broncos from their 12 to the Cleveland 16 before McManus kicked his game-winner to make Denver 6-0 for the seventh time in

+

AROUND THE GRIDIRON SUNDAY

Saints 31, Falcons 21

Bengals 34, Bills 21

Broncos 26, Browns 23

Lions 37, Bears 34

Texans 31, Jaguars 20

Vikings 16, Chiefs 10

Jets 34, Redskins 20

Steelers 25, Cardinals 13

Dolphins 38, Titans 10

Panthers 27, Seahawks 23

Packers 27, Chargers 20

49ers 25, Ravens 20

Go to metronews.ca for coverage of Sunday’s late game between the Patriots and Colts.

franchise history.

“We’re not playing as well as we would like but we’re playing well enough to win,”

Manning said. “We’re doing some things right at critical times whether it’s the last drive of the game or in over-

time.”

Denver’s win would not have been possible without the Broncos’ top-ranked defence, which came up huge in overtime and has carried the team — and the 39-year-old Manning — during the club’s unblemished start.

After Manning’s third pick, Denver recorded a tackle behind the line of scrimmage and then had two consecutive sacks of Josh McCown to push the Browns (2-4) out of field-goal range.

THE ASSOCIATED PRESS

Jays eye repeat of series comeback

MLB PLAYOFFS

Royals hold upper hand as action shifts north of border

The Toronto Blue Jays aren't letting themselves get fazed by a 2-0 deficit in a post-season series.

They dealt with one just last week.

Down 2-0 to Texas in the American League Division Series, the Blue Jays rallied to win the next three games of the best-of-five set and advance to the AL Championship Series. Now, after dropping the first two games of the best-of-seven ALCS in Kansas City this weekend, they're back in that familiar hole.

Any comeback this time will have to come against a tough Royals team that finished the regular season with an American League-best 95-67 record.

But the Blue Jays are up for that challenge.

"We've played from behind before," second baseman Ryan Goins said at a workout day at Rogers Centre on Sunday. "Playing from behind in a five-game



The Royals took a 2-0 series lead on Saturday thanks in part to a fly ball that fell between Blue Jays Jose Bautista, left, and Ryan Goins, and sparked a five-run rally in the seventh inning.

RICK MADONIK/TORSTAR NEWS SERVICE

series is different than playing from behind in a seven-game series. We have more life than we had last time. It'll be fun and I think we'll get back in this series."

"We seem to play a lot better when we're down 2-0, I think," added first baseman

Chris Colabello. "You just go out and play the game. Whether or not we won or lost (Game 2 on Saturday), we're still going to go out and figure out a way to win the game."

Game 3, scheduled for Monday night at Rogers Centre, is the first of potentially three con-

secutive games at the Toronto stadium where the Blue Jays enjoyed a 53-28 record during the regular season.

The familiar artificial turf, the retractable roof, and of course, the loud Toronto fan base all help give the Blue Jays a true sense of home-field advantage.

+ GAME 4 STARTERS

Royals manager Ned Yost has chosen Chris Young over Kris Medlen as his starter for Game 4 of the ALCS.

Young faced the Blue Jays once this year, a 7-5 loss on July 11.

R.A. Dickey is slated to start Game 4 for Toronto.

THE ASSOCIATED PRESS



Chris Young
GETTY IMAGES

"Any time we can play at home we're comfortable here," said centre-fielder Kevin Pillar. "We love the support we get, we love the enthusiasm, we love how loud it is.... We're excited. It's always nice to be home for a couple days, sleep in your own bed, have our families in town, get back into our routine of doing things we like to do when we're home."

None of that will matter if the Blue Jays' bats fail to get anything going against Kansas City ace and Game 3 starter Johnny Cueto.

Cueto, who was acquired by the Royals in a deadline trade with Cincinnati, went 4-7 with a 4.76 earned-run average through

13 regular-season starts for Kansas City. But he was dialed in for the Royals' Game 5, ALDS-clinching win over Houston last week, giving up just two runs on two hits and striking out eight over eight solid innings.

"He's one of the best in baseball," Toronto manager John Gibbons said. "They focused on him in the trade deadline as one of their prime targets and they went out and got him for these type of games.... He's another one of those guys that can overpower you. When he's on, he's awful tough."

Toronto will counter with its own hard-throwing right-hander in Marcus Stroman.

THE CANADIAN PRESS

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RECIPE Lentil Chili



PHOTO: MARY VASNETI

Ceri Marsh & Laura Keogh
For Metro Canada

You won't miss the meat in this earthy, zesty vegetarian dinner.

Ready in
Prep time: 25 minutes
Serves 4

Ingredients

- 2 Tbsp olive oil
- 1 onion, chopped
- 4 garlic cloves, minced
- 2 Tbsp chili powder
- 1 tsp cumin
- 1/2 cup brown lentils
- 2 bay leaves
- 2 cups water
- 1 x 19-oz can of white navy beans
- 1 x 19-oz can black beans
- 1 x 28-oz can of whole tomatoes
- 1 cup vegetable broth

• Salt and pepper to taste
Toppings: grated cheddar cheese, chopped cilantro, salsa, sour cream or Greek yogurt.

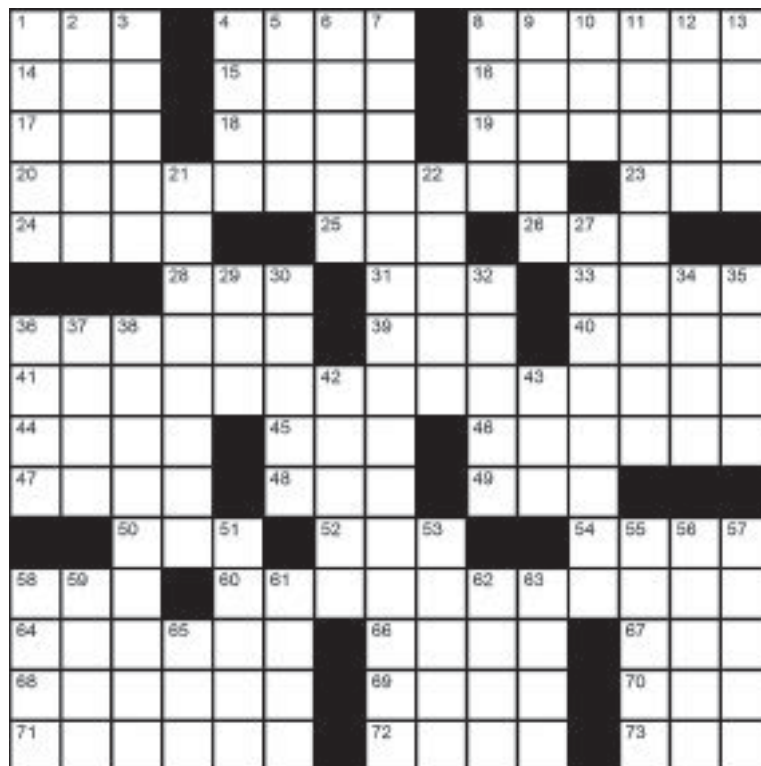
Directions

1. In large pot or Dutch oven, warm up the oil over medium heat. Sauté onions and garlic about 3 minutes. Now add spices and allow them to cook for a minute or two.
2. Add lentils, bay leaves and water. Bring to a gentle boil and simmer for 5 minutes. Now add the beans, tomatoes and broth. Simmer for 20 minutes. Check it for seasoning — you might want to add a little salt and pepper.
3. Serve the chili over rice or cornbread and top with grated cheese, sour cream or Greek yogurt, salsa or cilantro.

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Pertinent
4. Marx Brothers musical instrument
8. Billy _ (Canadian flying ace of WWI)
14. Pasturelands cry
15. 'Thought'-meaning prefix
16. Bay windows
17. Naja Haje
18. Sports org. in which FC Edmonton is a team
19. Cavalry swords
20. Voting Day 2015... Number of federal electoral districts in Canada, Three hundred and _
23. Foldaway bed
24. Simplicity
25. Sports org. for Eugenie Bouchard
26. Outback bird
28. New York sports arena [acronym]
31. The thing's
33. Too
36. Unkeyed, in music
39. Living leather's locale
40. Mineralogist's field, for short
41. It's provided in times of disaster or war: 2 wds.
44. Paradise
45. Keyboard erase button
46. Fragrances
47. Get gooeey
48. Finish
49. Elevs.
50. Form of foreknowledge, for short

52. Vivacity
54. Family suffix in zoology
58. Magician's prop
60. Those in the same line of work as Big Joe Mufferaw
64. Crowd scene performers in movies
66. Grey _ (Unclear situation)
67. Edmonton transport service [acronym]
68. Defraud
69. Connected
70. Losing tic-tac-toe line
71. Trying-the-product person

72. French pronoun
73. Traveller's accommodation

DOWN

1. Taper off
2. "Doctor Zhivago" (1965) character

- off in during the time leading up to today's election: 2 wds.
8. Nonsense
9. Mad
10. Sis or bro
11. Powerful
12. Margarine
13. Head-turner in the library
21. Those things which are remaining
22. Amphibious reptile, e.g.
27. Milk of _ (Pharmacy item)
29. _ Diego
30. Soar
32. Basketball-in-basket sound
34. And _ goes (Thusly)
35. Alberta town
36. Cough, cough...
37. Sassiness, in slang
38. _ and stews (Foods cooked in "California" by Joni Mitchell)
42. Hr. not too far from midnight: 2 wds.
43. Perform
51. Locale
53. Riskiness
55. Nero's 661
56. Goodyear headquarters in Ohio
57. Town in western Saskatchewan
58. Bulk
59. Car part
61. _friendly
62. Whirl
63. BC-mined stone
65. Soak flax

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Good fortune will come your way this week and don't let anyone tell you that you do not deserve it. On the work front you will see openings and opportunities before your rivals.

Taurus April 21 - May 21
You must watch what you say today. Not everyone is as good at taking criticism as you are at dishing it out, and if you upset the wrong person it could be you who suffers.

Gemini May 22 - June 21
You expect perfection, of yourself and others, but the planets are urging you to be less demanding. You don't have to push yourself to your limits and beyond. Others would like you to be more laid-back, too!

Cancer June 22 - July 23
You can now start to give form to a dream that you have been carrying round in the back of your brain for many years. It might be outrageous but it's what you want to do.

Leo July 24 - Aug. 23
You need to get serious about a long-term ambition. There is every reason to believe that some kind of breakthrough is imminent, but don't just sit there and wait for good things to land in your lap.

Virgo Aug. 24 - Sept. 23
If there is something you have wanted to do for years but never quite got around to, now is the time to get your act together and show the world what you are capable of.

Libra Sept. 24 - Oct. 23
If you trust your instincts and follow your hunches over the next few days you can and you will accomplish great things. Anything of a creative nature is especially well starred.

Scorpio Oct. 24 - Nov. 22
No matter how difficult recent weeks have been what happens today and tomorrow will surely convince you that a corner has been turned and the good times will soon be back.

Sagittarius Nov. 23 - Dec. 21
Get rid of all feelings of regret and remorse. There are some things you did that you now wish you had not, and there are some things you did not do that you now wish you had, but so what? Live for the moment.

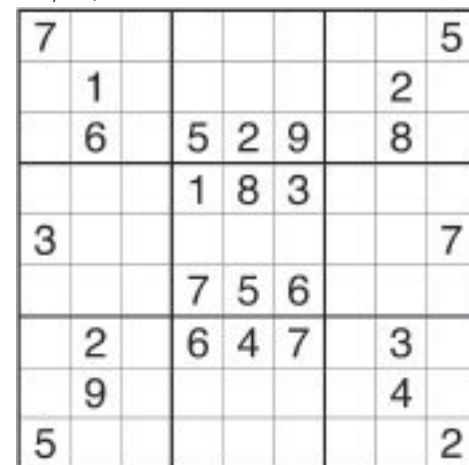
Capricorn Dec. 22 - Jan. 20
What goes right over the next few days will more than outweigh what goes wrong. You seem to have a knack for knowing who the winners will be.

Aquarius Jan. 21 - Feb. 19
What is it that you really want? The message of the stars today is that you will never be truly happy unless you do your own thing, but first you must be clear in your mind exactly what that is. Think then act.

Pisces Feb. 20 - March 20
You will be swamped with offers over the next few days and you may have a hard time deciding which ones to accept and which ones to reject. Ask a trusted friend or family member.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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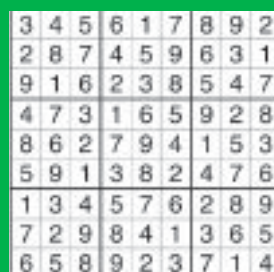
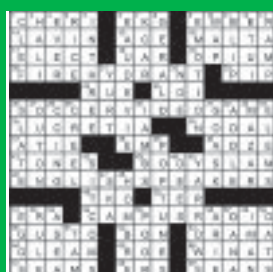
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